

# Washington County Youth Risk Behavior Survey

2018



# Introduction

In the spring of 2018, the first Washington County Youth Risk Behavior Survey aggregate data set was created thanks to a significant partnership formed in 2017 (Well Washington County) among all five public school districts in Washington County, the Washington Ozaukee Public Health Department, Aurora Health Care, Froedtert & the Medical College of Wisconsin, Elevate, Five Counties for Tobacco-Free Living, and United Way of Washington County.

The Wisconsin Online Youth Risk Behavior Survey (YRBS) is conducted as part of a national effort by the U.S. Centers for Disease Control and Prevention (CDC) and the Wisconsin Department of Public Instruction (DPI) to monitor health-risk behaviors of the nation's high school students.

The health behaviors monitored by the Wisconsin YRBS are the most significant causes of morbidity and mortality during youth and into adulthood. The behaviors include: traffic safety; weapons and violence; suicide; tobacco use; alcohol and other drug use; sexual behavior; and diet, nutrition, and exercise.

Washington County's 2018 Youth Risk Behavior Survey provides insight into the behaviors and attitudes of our young people toward Personal Safety, Alcohol Use, Tobacco Use, Marijuana and Other Drugs, Mental Health, Sexual Behavior and Personal Health.



## Participating Schools

**1,613**  
high school students  
(15 years and older)



- Kewaskum High School
- West Bend East High School
- West Bend West High School
- Slinger High School
- Germantown High School
- Hartford Union High School



# Behaviors Worth Noting

**8.3%**

have stayed home from school because of safety concerns.



**29.9%** consume alcohol.

**19.5%**

RODE IN A CAR OR OTHER VEHICLE DRIVEN BY SOMEONE WHO HAD BEEN DRINKING ALCOHOL.

**5.5%**

of students have been physically forced to have sexual intercourse.



**16.1%**

of students have carried a weapon.



**22.2%**



OF STUDENTS HAVE BEEN ELECTRONICALLY BULLIED.

**30.3%**

OF STUDENTS HAVE BEEN BULLIED ON SCHOOL PROPERTY.

## Sexual Behavior

**81.5%**

did not use a condom the last time they had sexual intercourse.

**78.6%**

did not use a reliable form of birth control the last time they had sexual intercourse.

**27.2%**



of students use electronic vapor products.

**47.8%**

drink high caffeinated beverages.

**36%**

drink a bottle or glass of plain water four or more times per day.

**37.8%**

watch TV three or more hours per day.

**39.7%**

feel anxious, nervous, or tense.

**16.5%**

did something to purposely hurt themselves without wanting to die.

**71.1%**

of students get less than eight hours of sleep.

**67.3%**

said their mental health was not good one or more days in the past 30 days.



An increase in risky behavior was apparent during the transition from sophomore to junior year.

# Summary of Findings

The 2018 Washington County YRBS marks the first time our county has collected county-wide health data related to youth. Collecting this data over time will provide benchmarks and highlight trends that can help the community take actions to reduce risky behaviors and support the future health and safety of young people in Washington County. While there are many bright spots in the data collected, there are some important behaviors worth noting as listed on the previous page.

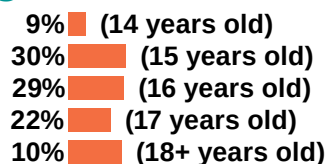
- An increase in risky behavior was apparent during the transition from sophomore to junior year in our high schools.
- 27.2 % of our Washington County students used an electronic vapor product during the 30 days preceding the survey compared to the statewide average of only 11.6%.
- Bullying both in person and electronically is impacting Washington County students.
- Risky sexual behavior including unprotected intercourse is higher than statewide results.
- Mental health and sleep continue to be areas of concern with over half of the students reporting poor mental health days and the majority sleeping less than eight hours a night.
- On a positive note, our students have higher rates of physical activity and nutrition and lower rates of substance abuse, distracted driving, drinking and driving and cigarette smoking.



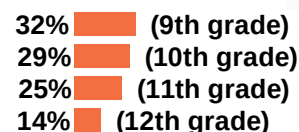
## Demographics

Demographics of students who completed the survey.

### age



### grade



### sexual orientation

Percentage of students who describe themselves as gay, lesbian, or bisexual.



### race/ethnicity





The first percentage listed represents the responses of Washington County high school students in 2018. The second percentage represents the most recent Wisconsin student survey responses. If only one percentage is listed, results from Wisconsin were not available for comparison. The Areas of Concern are highlighted in a yellow box.

## Personal Safety

### Traffic Safety

According to the CDC, teen drivers age 16-19 years old are three times more likely to be in a fatal crash, compared to drivers 20 years old or older.

Percentage of students who texted or emailed while driving a car or other vehicle in the past 30 days.

**26%** (2018 - Washington County)

**45.7%** (2017 - Wisconsin)

Among student drivers, the percentage of students who drove a car or other vehicle when they have been drinking alcohol during the past 30 days.

**3.8%** (2018 - Washington County)

**5.5%** (2017 - Wisconsin)

Percentage of students who never or rarely wore a seatbelt when riding in a car driven by someone else.

**3.7%** (2018 - Washington County)

**5.9%** (2017 - Wisconsin)

**Motor vehicle crashes  
are the leading cause of death  
among youth (5-17 year olds)  
in Wisconsin.**

Percentage of students who rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days.

**19.5%** (2018 - Washington County)

**17.4%** (2017 - Wisconsin)

### Weapons

In 2016, the CDC reports that 4.1% of high school students in the U.S. carried a weapon on school property during the past 30 days.

Percentage of students that have carried a weapon, such as a gun, knife, or club on school property during the past 30 days.

**2.6%** (2018 - Washington County)

**5.2%** (2017 - Wisconsin)

Percentage of students who have carried a weapon, such as a knife, gun, or club during the past 30 days.

**16.1%** (2018 - Washington County)

**14.4%** (2017 - Wisconsin)

Percentage of students who have carried a gun during the past 12 months (not including days when they carried a gun only for hunting or for a sport, such as target shooting.)

**2.9%** (2018 - Washington County)

**5.2%** (2017 - Wisconsin)

Percentage of students who were threatened or injured with a weapon such as a gun, knife, or club on school property during the past 12 months.

**5.7%** (2018 - Washington County)

**6.9%** (2017 - Wisconsin)

## Physical Fighting

Youth who are involved in physical fighting are more likely to be involved in other risky behavior including drinking, drug use, tobacco use, and bullying.

Percentage of students who have been in a physical fight during the past 12 months.

**17.2%** (2018 - Washington County)

**20%** (2017 - Wisconsin)

During the past 30 days, the percentage of students who stayed home from school because they felt they would be unsafe at school or on their way to or from school.

**8.3%** (2018 - Washington County)

**6.3%** (2017 - Wisconsin)

Percentage of students who have been in a physical fight on school property during the past 12 months.

**6.9%** (2018 - Washington County)

**7.3%** (2017 - Wisconsin)



Students deserve a safe environment in which to live, learn and grow. Unfortunately, the threat of violence is a presence in many communities and has grown in a number of schools across the county.

## Bullying

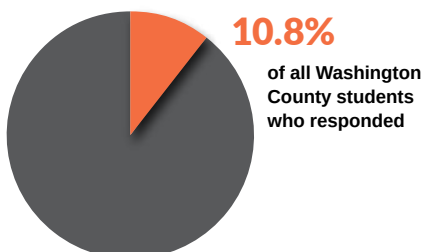
Bullying can be in person or through the use of technology, which is becoming more common.

Percentage of students who have been bullied on school property during the past 12 months.

**30.3%** (2018 - Washington County)

**24.2%** (2017 - Wisconsin)

Percentage of students who have been the victim of teasing or name calling because of their gender during the past 12 months.

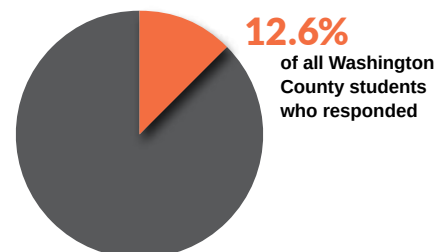


Percentage of students who have been electronically bullied.

**22.2%** (2018 - Washington County)

**18.3%** (2017 - Wisconsin)

Percentage of students who have been a victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months.



## Partner Abuse

*Partner abuse can be emotional or physical and have both long and short-term effects on the survivor.*

Percentage of students who were physically hurt on purpose by someone they were dating or going out with during the past 12 months.

**4.1%** ■ (2018 - Washington County)

**6.9%** ■ (2017 - Wisconsin)

Percentage of students who were forced to do sexual things that they did not want to do by someone they were dating or going out with during the past 12 months.

**6.5%** ■ (2018 - Washington County)

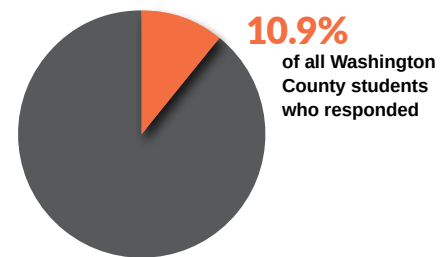
**10.2%** ■ (2017 - Wisconsin)

Percentage of students who have been physically forced to have sexual intercourse when they did not want to.

**5.5%** ■ (2018 - Washington County)

**7.2%** ■ (2017 - Wisconsin)

Percentage of students who had someone do sexual things to them that they did not want to do, by being pressured, lied to, making promises about the future, threatening to end the relationship, or threatening to spread rumors about them, in the last 12 months.



## Youth Violence

Youth violence is a significant public health problem that affects thousands of young people each day, and in turn, their families, schools, and communities.

Youth violence typically involves young people hurting other peers who are unrelated to them and who they may or may not know well. Youth violence can take different forms. Examples include fights, bullying, threats with weapons, and gang-related violence. A young person can be involved with youth violence as a victim, offender, or witness.

Youth violence is connected to other forms of violence, including child abuse and neglect, teen dating violence, adult intimate partner violence, sexual violence, and suicide. Different forms of violence have common risk and protective factors, and victims of one form of violence are more likely to experience other forms of violence.

Youth violence is preventable.

The ultimate goal is to stop youth violence before it starts.



# Alcohol Use

*Alcohol is the most commonly used and abused drug among youth in the United States (CDC). Excessive drinking is responsible for more than 4,300 deaths among underage youth each year (CDC). Youth who drink alcohol are more likely to experience school, social, physical and legal problems. Reducing underage drinking will require community-based efforts to monitor the activities of youth and decrease youth access to alcohol.*

Percentage of students who drank alcohol (other than a few sips) for the first time before age 13.

**12.4%** (2018 - Washington County)

**15.5%** (2017 - Wisconsin)

Percentage of students who drank alcohol during the last 30 days.

**29.9%** (2018 - Washington County)

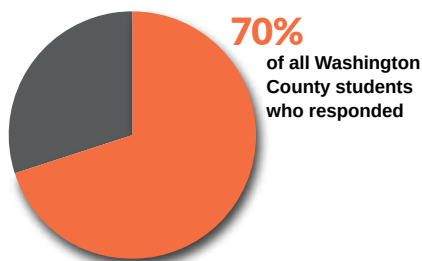
**30.4%** (2017 - Wisconsin)

Percentage of students who have had 5 or more drinks of alcohol in a row (binge drinking), during the past 30 days.

**13.4%** (2018 - Washington County)

**16.4%** (2017 - Wisconsin)

Percentage of students who think people face moderate or great risk if they have 5 or more drinks of an alcoholic beverage once or twice each weekend.

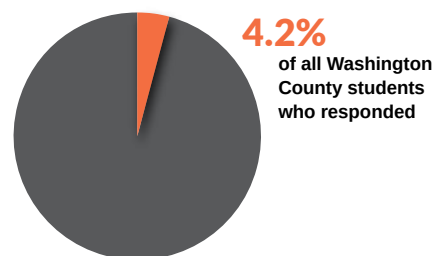


Percentage of students who have had at least one drink of alcohol in their life.

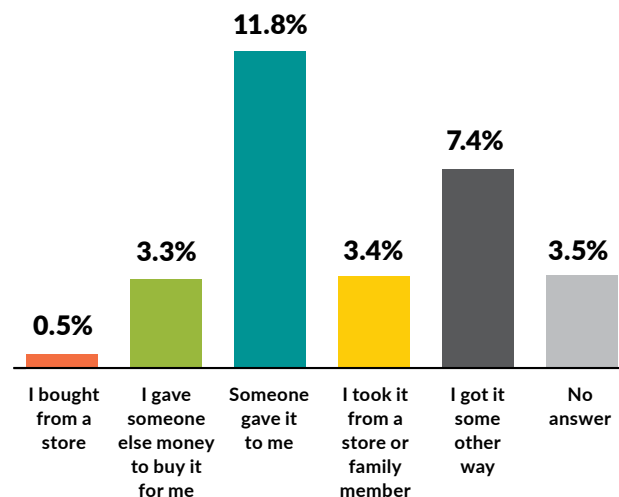
**59%** (2018 - Washington County)

**64.5%** (2017 - Wisconsin)

Percentage of students who drank 8 or more drinks within a couple hours.



How alcohol was obtained by the 29.9% of students who said they drank alcohol during the past 30 days.



**Youth who start drinking before age 15 are six times more likely to develop alcohol dependence or abuse later in life.**

# Tobacco Use

Each day in the United States, more than 3,200 youth aged 18 years or younger smoke their first cigarette, and an additional 2,100 youth and young adults become daily cigarette smokers. Flavoring in tobacco products can make them more appealing to youth. E-cigarettes are now the most commonly used form of tobacco by youth in the U.S.

Percentage of students who have used an electronic vapor product during the past 30 days.

**27.2%** (2018 - Washington County)  
**11.6%** (2017 - Wisconsin)

Percentage of students who have tried cigarette smoking.

**17.2%** (2018 - Washington County)  
**24.4%** (2017 - Wisconsin)

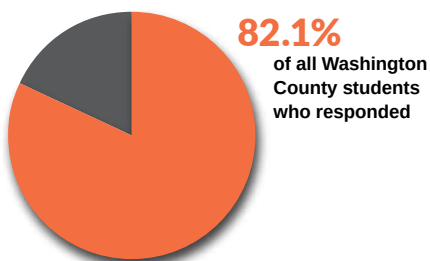
Percentage of students who tried a cigarette, even one or two puffs, for the first time before age 13 years.

**4.1%** (2018 - Washington County)  
**7.6%** (2017 - Wisconsin)

Percentage of students who have smoked cigarettes during the past 30 days.

**6.8%** (2018 - Washington County)  
**7.8%** (2017 - Wisconsin)

Percentage of students who think people face moderate or great risk if they smoke one or more packs of cigarettes a day.



Percentage of students who have used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products during the past 30 days.

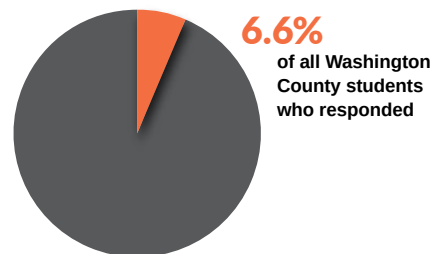
**4%** (2018 - Washington County)  
**5.9%** (2017 - Wisconsin)

Percentage of students who have smoked cigars, cigarillos, or little cigars during the past 30 days.

**6.2%** (2018 - Washington County)  
**7.6%** (2017 - Wisconsin)

**The use of any tobacco product — including e-cigarettes — is unsafe. Flavors play a significant role in drawing youth to tobacco products. Most e-cigarettes contain nicotine and may contain harmful ingredients.**

Percentage of students who have tried to quit using all tobacco products (cigarettes, cigars, smokeless tobacco, hooka/shisha, electronic vapor products) in the past 12 months.



Among students who smoke, the percentage who smoke 10 or more cigarettes a day.

**9.3%** (2018 - Washington County)  
**9.7%** (2017 - Wisconsin)

# Marijuana & Other Drug Use

*Teens are highly susceptible to drug use due to the effects of peer pressure and wanting to try something new. Drug abuse is harmful to physical and psychological development.*

Percentage of students who have tried marijuana during the last 30 days.

**11.5%** ■ (2018 - Washington County)  
**16%** ■ (2017 - Wisconsin)

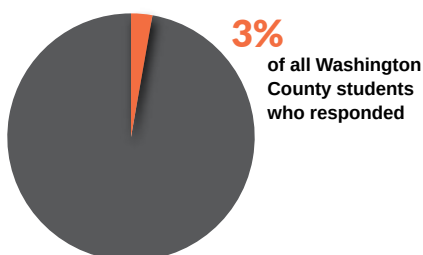
Percentage of students who have tried marijuana at least once in their life.

**20.8%** ■ (2018 - Washington County)  
**30.2%** ■ (2017 - Wisconsin)

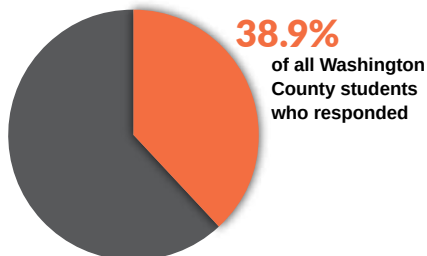
Percentage of students who tried marijuana for the first time before age 13 years.

**2.3%** ■ (2018 - Washington County)  
**5.4%** ■ (2017 - Wisconsin)

Percentage of students who used synthetic marijuana during the past 30 days.



Percentage of students who think people face moderate or great risk if they try marijuana once or twice.



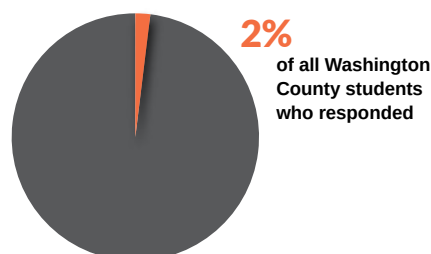
Percentage of students who have used any form of cocaine, including powder, crack or freebase.

**2.3%** ■ (2018 - Washington County)  
**4.4%** ■ (2017 - Wisconsin)

Percentage of students who have taken an over-the-counter drug to get high.

**3.2%** ■ (2018 - Washington County)  
**6.1%** ■ (2017 - Wisconsin)

Percentage of students who used ecstasy during the past 30 days.



Percentage of students who sniffed glue, breathed in the contents of an aerosol spray can, or inhaled any paints or sprays to get high.

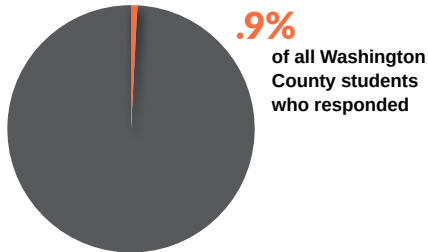
**4.7%** ■ (2018 - Washington County)  
**5.8%** ■ (2017 - Wisconsin)

---

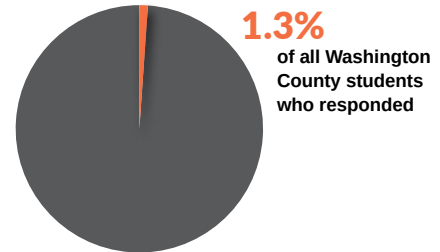
**The decisions a young person makes about alcohol and drugs can influence their health, grades, relationships, job or career, and maybe even their freedom.**

---

Percentage of students who used a needle to inject any illegal drugs into their body during the past 30 days.



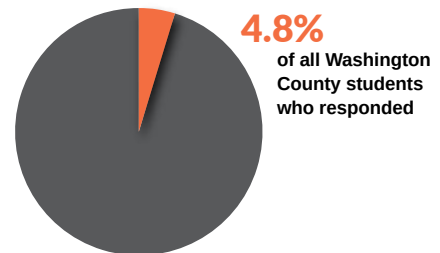
Percentage of students who have taken steroid pills or shots without a doctor's prescription during the past 30 days.



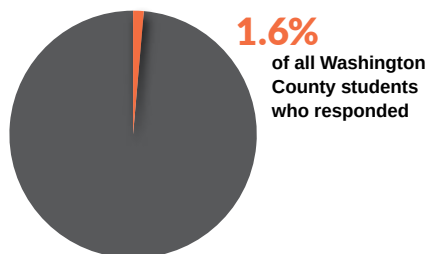
Percentage of students who have been offered, sold, or given an illegal drug on school property during the last 12 months.

**11.4%** ■ (2018 - Washington County)  
**18.4%** ■ (2017 - Wisconsin)

Percentage of students who used a prescription drug without a doctor's prescription during the past 30 days.



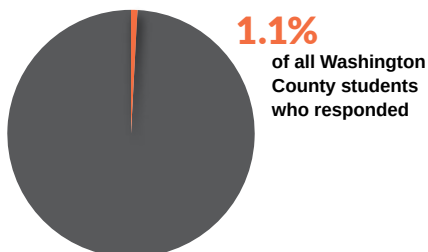
Percentage of students who have used methamphetamines during the past 30 days.



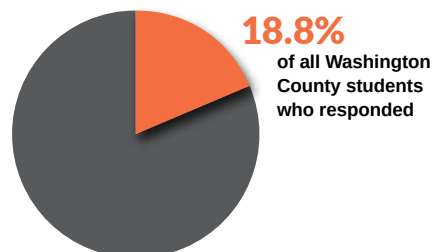
Percentage of students who have taken prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it, during their life.

**6.8%** ■ (2018 - Washington County)  
**11.2%** ■ (2017 - Wisconsin)

Percentage of students who have used heroin (also called smack, junk, or China White) at least once in their life.



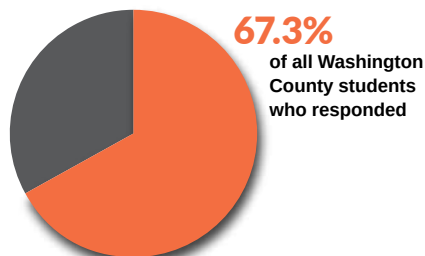
Percentage of students who think there is no risk or a slight risk in harming yourself if you take a prescription drug without a doctor's prescription.



# Mental Health

*A wide range of mental health disorders require support from the surrounding community and proper treatment. Untreated mental health disorders can lead to severe health concerns and risky behavior.*

Percentage of students whose mental health was not good one or more days out of the past 30 days. (Mental health includes stress, depression and problems with emotions.)



Percentage of students who made a plan about how they would attempt suicide in the last 12 months.

**8.2%** ■ (2018 - Washington County)

**15.2%** ■ (2017 - Wisconsin)

Percentage of students who attempted suicide, at least once in the past 12 months.

**4.2%** ■ (2018 - Washington County)

**7.8%** ■ (2017 - Wisconsin)

Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves, during the past 12 months.

**16.5%** ■ (2018 - Washington County)

**16.6%** ■ (2017 - Wisconsin)



Percentage of students who had an injury, poisoning, or overdose from a suicide attempt that had to be treated by a nurse or doctor in the past 12 months.

**1.1%** ■ (2018 - Washington County)

**2.5%** ■ (2017 - Wisconsin)

Percentage of students who have seriously considered attempting suicide during the last 12 months.

**13.5%** ■ (2018 - Washington County)

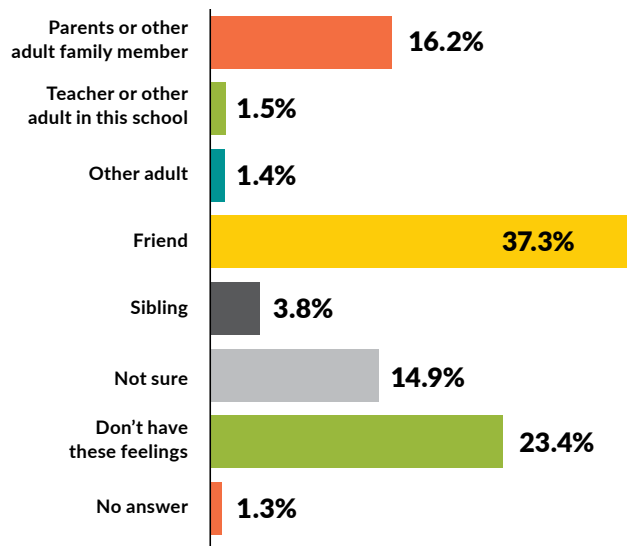
**16.4%** ■ (2017 - Wisconsin)

---

**Mental health conditions are common among teens and young adults. One in five live with a mental health condition — half develop the condition by age 14 and three quarters by age 24.**

---

When you feel sad, empty, hopeless, angry, or anxious, with whom would you most likely talk about it?



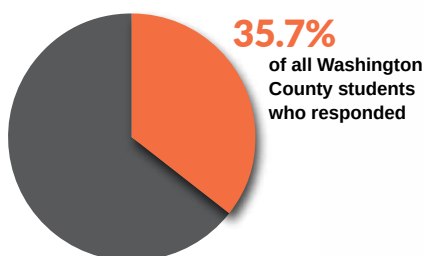
Percentage of students who had significant problems with feeling anxious, nervous, tense, scared, or like something bad was going to happen to them during the past 12 months.

**39.7%** (2018 - Washington County)  
**39.9%** (2017 - Wisconsin)

Percentage of students who felt so sad or hopeless almost everyday, for two weeks or more in a row, that they stopped doing some usual activities.

**25.1%** (2018 - Washington County)  
**27%** (2017 - Wisconsin)

Percentage of students who never or rarely got the help they needed when they felt sad, empty, hopeless, angry, or anxious.



For some, experiencing the first signs of mental illness can be scary and confusing.

Discussing what you are going through with others is an important first step to getting help.

Speaking up and asking for help is a sign of strength.

You will be amazed by the support you get simply by asking.

## Sleep

*It is recommended that teens get between 8-9 hours of sleep on a nightly basis.*

Percentage of hours of sleep on an average school night.

**71.1%** Less than 8 hours  
**20.3%** 8 hours  
**3.3%** 9 hours  
**1.7%** 10 or more hours



# Sexual Behavior

*Risky sexual behavior can lead to sexually transmitted infections, unintended pregnancies, and negative social and psychological development. The use of drugs and/or alcohol may compromise healthy decision making. Comprehensive sexual education can help students learn more about the risks.*

Percentage of students who have had sexual intercourse.

**27.1%** (2018 - Washington County)

**33.6%** (2017 - Wisconsin)

Percentage of students who had sexual intercourse for the first time before age 13 years.

**2%** (2018 - Washington County)

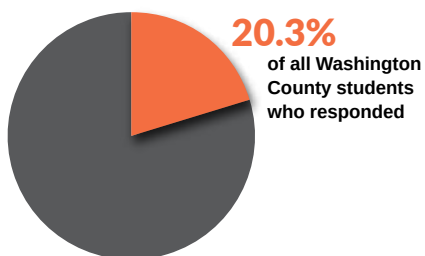
**2.9%** (2017 - Wisconsin)

Percentage of students who have had sexual intercourse with 4 or more people.

**5.2%** (2018 - Washington County)

**7.2%** (2017 - Wisconsin)

Percentage of students who have had sexual intercourse with one or more people in the past 3 months.



Percentage of sexually active students who (or whose partner) used a condom the last time they had sexual intercourse.

**18.5%** (2018 - Washington County)

**62.8%** (2017 - Wisconsin)

Percentage of sexually active students who (or whose partner) used a reliable form of birth control (e.g. birth control pills, condom, Depo-Provera) the last time they had sexual intercourse.

**21.4%** (2018 - Washington County)

**37.5%** (2017 - Wisconsin)

Percentage of sexually active students who drank alcohol or used drugs before the last time they had sexual intercourse.

**5%** (2018 - Washington County)

**17%** (2017 - Wisconsin)

**Sexual activity is part of human development for many young people.**

**Talking to youth about sexual and reproductive health and providing support networks can help reduce sexual risk behaviors such as HIV and other sexually transmitted diseases or unintended pregnancies.**



# Personal Health

*Obesity is a rising concern in the U.S. and affects 18.5% of youth, ages 2-19 years old (CDC). Obesity has both immediate and long-term effects on one's overall health including bone and joint problems, sleep apnea, social problems and increased risk for cardiovascular disease, diabetes and some cancers.*

## Physical Activity

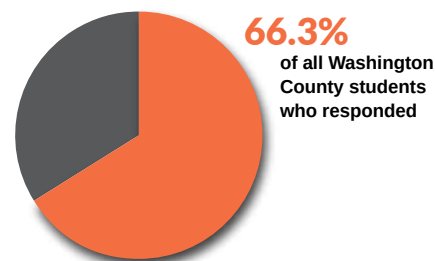
*Children and adolescents should be participating in 60 minutes or more of moderate physical activity every day.*

Percentage of students who were physically active for a total of at least 60 minutes per day on 5 or more of the previous 7 days before this survey.

**56.1%** (2018 - Washington County)

**48.7%** (2017 - Wisconsin)

Percentage of students who participated on a sports team in the past 12 months.

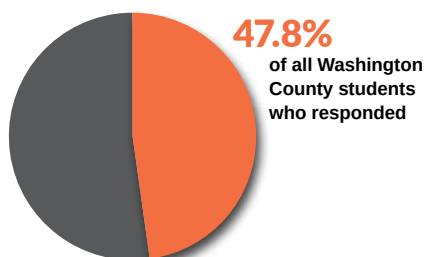


Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: heart disease, cancer, type 2 diabetes, high blood pressure and obesity.

## Nutrition

*Young people need to eat the recommended amounts of fruits, vegetables and whole grains and to reduce consumption of fats, cholesterol, sugar and salt.*

Percentage of students who had a drink that was high in caffeine during the past 7 days.

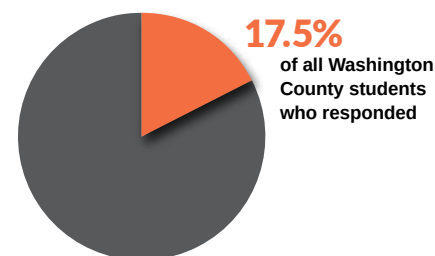


Percentage of students who drank a can, bottle, or glass of soda/pop one or more times per day during the past 7 days.

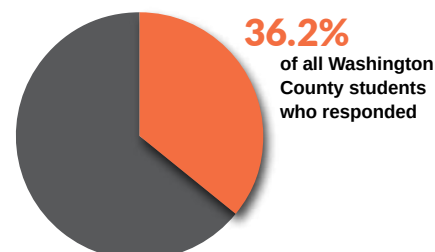
**14.6%** (2018 - Washington County)

**15.3%** (2017 - Wisconsin)

Percentage of students who drank 3 or more glasses of milk per day during the past 7 days.



Percentage of students who drank a bottle or glass of plain water 4 or more times per day during the past 7 days.



## Nutrition (CONTINUED)

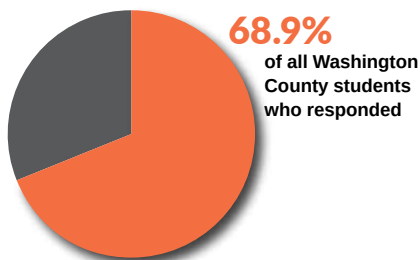
Percentage of students who drank 100% fruit juices one or more times during the past 7 days.

**67.4%** (2018 - Washington County)  
**70.8%** (2017 - Wisconsin)

Percentage of students who ate other vegetables in the past 7 days.

**87.3%** (2018 - Washington County)  
**83.3%** (2017 - Wisconsin)

Percentage of students who ate breakfast three or more times in the last 7 days.



Percentage of students who ate fruit one or more times per day over the past 7 days.

**94.3%** (2018 - Washington County)  
**90%** (2017 - Wisconsin)

Percentage of students who ate a green salad during the past 7 days.

**67.6%** (2018 - Washington County)  
**55.6%** (2017 - Wisconsin)

Percentage of students who ate carrots during the past 7 days.

**62.3%** (2018 - Washington County)  
**54.7%** (2017 - Wisconsin)

Percentage of students who ate potatoes during the past 7 days.

**74.9%** (2018 - Washington County)  
**64.7%** (2017 - Wisconsin)

---

**Healthy eating can help individuals achieve and maintain a healthy body weight, consume important nutrients, and reduce the risk of developing health conditions such as:**

**High blood pressure, heart disease, diabetes, cancer, iron deficiency and dental cavities.**

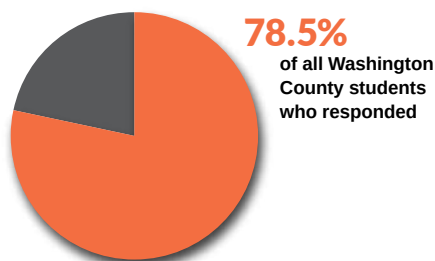
---



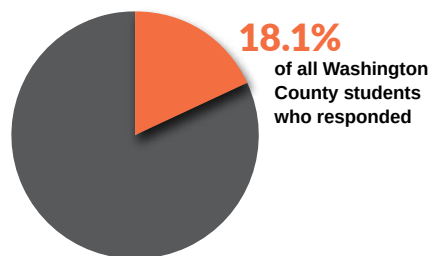
## Doctor Visits

*An annual physical contributes to the overall health of a student.*

Percentage of students who have seen a dentist for a check-up, exam, teeth cleaning, or other dental work in the past 12 months.



Percentage of students who saw a doctor or nurse for an injury that happened while exercising or playing sports during the past 30 days.



Percentage of students who have been told by a doctor or nurse that they have asthma.

**19.4%** (2018 - Washington County)  
**20.7%** (2017 - Wisconsin)

**Many other factors contribute to an individual's overall health status, including access to health care, sleep, and technology.**



## Weight Loss

Percentage of students who are trying to lose weight.

**43.8%** (2018 - Washington County)  
**44.8%** (2017 - Wisconsin)

## Screen Time

*The American Academy of Pediatrics recommends placing consistent limits on the time young people spend using media so it doesn't take the place of adequate sleep, physical activity and other behaviors essential to health.*

Percentage of students who watched television 3 or more hours per day on an average school day.

**17.5%** (2018 - Washington County)  
**17.5%** (2017 - Wisconsin)

Percentage of students who played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day.

**37.8%** (2018 - Washington County)  
**40.3%** (2017 - Wisconsin)

# Recommendations



	Individuals & Families	Schools	Community & Society
<b>Alcohol, Tobacco &amp; Other Drugs</b>	<ul style="list-style-type: none"> <li>• Parent education</li> <li>• Youth focused ATODA programming</li> <li>• Family support groups</li> <li>• Recovery support</li> </ul>	<ul style="list-style-type: none"> <li>• Evidence based ATODA education</li> <li>• Tobacco policy (include e-cigs)</li> <li>• Youth support/mentoring programs</li> <li>• Advertising restrictions</li> <li>• Intervention screening</li> <li>• Substance use education</li> <li>• Youth advocacy groups</li> </ul>	<ul style="list-style-type: none"> <li>• Increase alcohol/tobacco tax</li> <li>• Reduce access</li> <li>• Wrist banding at events</li> <li>• Promote resources</li> <li>• Treatment &amp; Diversion</li> <li>• Educate on social host laws</li> <li>• Sober server ordinances</li> <li>• Drug Treatment Court</li> <li>• Community conversations</li> <li>• Workplace policies</li> <li>• Promote WI Quit Line</li> </ul>
<b>Sexual Behavior &amp; Relationships</b>	<ul style="list-style-type: none"> <li>• Open conversations between youth and parent</li> <li>• Parent education on current sexual behavior trends and sexually transmitted infections (STI)</li> </ul>	<ul style="list-style-type: none"> <li>• Sexual health education</li> <li>• Healthy relationship education</li> </ul>	<ul style="list-style-type: none"> <li>• Community committee</li> <li>• Comprehensive data collection</li> <li>• Reproductive health services</li> </ul>
<b>Nutrition &amp; Active Living</b>	<ul style="list-style-type: none"> <li>• Plan healthy meals as a family</li> <li>• Exercise prescription</li> <li>• Group exercise</li> </ul>	<ul style="list-style-type: none"> <li>• School gardens</li> <li>• Water refill stations</li> <li>• Safe Routes to School</li> <li>• Physically active classrooms</li> <li>• Point-of-decision prompts</li> </ul>	<ul style="list-style-type: none"> <li>• Community gardens</li> <li>• Harvest of the Month</li> <li>• Free places to exercise</li> <li>• Fitness programs</li> <li>• Breastfeeding promotion</li> </ul>
<b>Mental Health &amp; Sleep</b>	<ul style="list-style-type: none"> <li>• Screen time restrictions</li> <li>• Family communication</li> <li>• Create routines</li> <li>• Know the signs of mental illness</li> </ul>	<ul style="list-style-type: none"> <li>• Staff trainings</li> <li>• Professionals on staff</li> <li>• Screenings</li> <li>• Crisis Plans</li> <li>• Peer-led suicide prevention programs</li> </ul>	<ul style="list-style-type: none"> <li>• Community conversations</li> <li>• Cross professional collaborations</li> <li>• Case management</li> <li>• Comprehensive referral system</li> <li>• Funding</li> <li>• More providers</li> <li>• Universal screening</li> <li>• Treatment over jail</li> </ul>
<b>Youth Violence</b>	<ul style="list-style-type: none"> <li>• Participate in family relationship programs</li> <li>• Volunteer</li> <li>• Teach weapon safety</li> </ul>	<ul style="list-style-type: none"> <li>• Early education with parental engagement</li> <li>• Mentoring programs</li> <li>• After-school programs</li> <li>• Universal school-based programs</li> </ul>	<ul style="list-style-type: none"> <li>• Parenting skills &amp; family</li> <li>• Relationship programs</li> <li>• Enhance safe places</li> <li>• Increase social and economic stability of neighborhoods</li> </ul>

# About Well Washington County

**Vision:** Washington County: Healthy People, Communities, Workplaces and Environment.

**Mission:** Working to improve the health of Washington County through employers and community partners.

**Purpose:** The purpose of Well Washington County is to mobilize residents, organizations, employers and stakeholders to make an economic and measurable impact on the health needs of Washington County.



We care for our residents and assist in whatever way possible to nurture, develop, and dream of a future where Washington County is the healthiest place to live, learn, work, and play. To do this, we provide the structure in the community to:

- **Eat and Move Well** by focusing on healthy, seasonal, whole-foods eating and supporting active communities;
- **Think Well** by reducing stigma around mental illness, expanding resources, and identifying gaps in early intervention;
- **Choose Well** by supporting community actions to reduce at-risk behaviors and advocating for substance use prevention in legislation;
- **Work Well** through expanding and developing workplace wellness programs and policies.



# Youth Risk Behavior Survey Partners

Aurora Health Care

Washington Ozaukee Public Health Department

Froedtert & the Medical College of Wisconsin

Elevate, Inc.

Five Counties for Tobacco-Free Living

Germantown School District

Slinger School District

Hartford Union High School District

Kewaskum School District

West Bend School District



To explore more Washington County data please visit:  
<http://washozwi.gov/Services/Prevention>